

Make it a Shake!

One way to make supplements more appealing (and tasty) is to make it a shake! Be creative... any combination of fruits and ice-cream will work. Here are a few ideas.

Strawberry Shake

- 1 can of strawberry supplement
- 1 cup of frozen unsweetened strawberries
- 1 cup of vanilla frozen yogurt (or ice cream)
- 2 tsp sugar
- Mix together at medium speed in blender

Triple Fruit Shake

- 1 can of vanilla or strawberry supplement
- ½ cup raspberries
- ½ cup strawberries
- ½ banana
- 1 Tbsp sugar
- Blend until smooth

Mocha Shake

- 1 can of chocolate supplement
- 1 tsp instant coffee
- 1 cup coffee flavoured ice-cream
- Dash of cinnamon
- Dissolve coffee in a small amount of supplement. Add all ingredients and blend together.

Blueberry Shake

- 1 can of vanilla supplement
- 1 cup of frozen blueberries
- ½ cup of vanilla ice-cream
- Blend until smooth

If you have any other questions about using nutritional supplements, contact your dietitian.

Developed from The BC Cancer Agency

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